

McLaren Print System Order**Order No: 82578 Reprint Previous Order No: 65935****Order Date: 2024-01-24****User: Lisa Barton****Phone: 586-493-3890****Ship Location: McLaren Macomb Hospital Ortho Trauma - attn LISA
1030 Harrington Blvd, Ste 303
Mount Clemens, MI 48043****Forms****Quantity: 100****Paragon Dept No: 72375****Dept Name: Macomb Ortho Trauma Admin****Company Number: 810****Order Total Price: 19.80****Item Number: MHCC-34354****Item Description: Action Plan After Joint Surgery****Revision Date:****Print:****Paper:****Size:****Fold:****Finish:****Drill:****Misc Info: SS, 60# White, Color**



My Action Plan After Joint Replacement Surgery

EVERY DAY

- *Change dressing as instructed
- *Shower as instructed
- *Wear clean clothing daily
- *Use clean towel and bedding daily
- *Do therapy and exercises as instructed
- *Use your incentive spirometer daily
- *Take all medications as prescribed
- *Eat a healthy diet and drink plenty of water
- *Monitor for complications as instructed

GREEN ZONE

While Recovering After Surgery You May Experience:

- *Pain that is adequately controlled
- *Swelling in your hip or knee with activity and rest
- *Stiffness in your hip or knee without activity or when resting
- *Small amount of drainage on dressing that may be clear to pink in color for the first 5 days
- *Incision area that is slightly warm and pink

YELLOW ZONE

Call Joint Coordinator (586) 493-8024 or your surgeon's office during office hours if you experience:

- *SUDDEN increase in pain or swelling in your hip or knee
- *A temperature that is GREATER than 101°F
- *Excessive wound drainage or bleeding
- *Redness or hotness at the incision area
- *Vomiting or persistent nausea
- *Pain in either calf
- *Worsening pain that is not controlled by pain medication
- *Fall or injury to surgical knee or hip
- *New abdominal pain, trouble urinating, or no bowel movement in 5 days

RED ZONE

CALL 911 IF YOU EXPERIENCE:

- *Chest pain
- *Shortness of breath at rest
- *Confusion or cannot think clearly
- *Slurred speech or facial drooping